

SCOTTSDALE HEALTHY DINING GUIDE

Anti-Inflammatory & Wellness-Focused Restaurants Near ISPW

Restore. Revive. Finally, Feel Alive. | ispwscottsdale.com | 480-660-8823

These restaurants are selected to support your anti-inflammatory pre & post treatment protocol. Focus on clean proteins, healthy fats, and whole-food ingredients. Avoid processed foods, seed oils, and added sugars.

CLOSEST TO ISPW

4.6 stars

Flower Child

10460 N 90th St, Scottsdale, AZ 85258

Phone: (480) 240-4400 **Website:** www.iamflowerchild.com

Hours: Mon–Sun: 11am – 9pm

Whole-food bowls, GF and vegan-friendly, clean oils only. Steak plates, grilled salmon, roasted veggies, and anti-inflammatory-aligned ingredients throughout. A perfect pre or post-treatment meal.

CLOSEST TO ISPW

4.3 stars

Pita Jungle

7366 E Shea Blvd Suite 105, Scottsdale, AZ 85260

Phone: (480) 922-7482 **Website:** www.pitajungle.com

Hours: Mon–Sun: 11am – 9pm

Mediterranean-focused with extensive vegan and GF options. Fresh hummus, lean grilled proteins, olive oil-based dishes, and anti-inflammatory spices throughout. Right on Shea Blvd.

FARM-TO-TABLE

4.3 stars

The Herb Box

7000 E Shea Blvd, Scottsdale, AZ 85254

Phone: (480) 289-6180 **Website:** www.theherbbox.com

Hours: Mon–Fri: 11am – 9pm | Sat: 9am – 9pm | Sun: 9am – 3pm

Seasonal, farm-to-table menu with clean, whole ingredients. A more elevated sit-down experience. Great for a nicer dinner or weekend brunch.

ANTI-INFLAMMATORY FOCUSED

4.5 stars

True Food Kitchen

15191 N Scottsdale Rd #100, Scottsdale, AZ 85254

Phone: (480) 265-4500 **Website:** www.truefoodkitchen.com/scottsdale

Hours: Mon–Thu: 11am – 9pm | Fri: 11am – 10pm | Sat–Sun: 10am – 10pm/9pm

The gold standard for anti-inflammatory dining. Built on Dr. Andrew Weil's anti-inflammatory food philosophy. Menu is specifically designed to reduce inflammation — ideal for clients on our pre/post protocol.

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HIGH-PROTEIN / RECOVERY

4.4 stars

ProteinHouse Scottsdale

7077 E Mayo Blvd Suite B100, Phoenix, AZ 85054

Phone: (480) 502-5183 **Website:** www.protein-house.com/scottsdale

Hours: Mon–Sat: 7am – 9pm | Sun: 7am – 7pm

Non-GMO ingredients with heart-healthy oils (olive and coconut only). High-protein meals, clean macros, and excellent post-treatment recovery options. Open early — great for breakfast before appointments.

CLEAN BOWLS & SALADS

4.2 stars

Farm and Craft

4302 N Scottsdale Rd, Scottsdale, AZ 85251

Phone: (480) 568-8980 **Website:** www.ilovefarmandcraft.com

Hours: Mon–Sun: 9am – 9pm

Clean bowls, perfectly cooked salmon, and plenty of GF and vegan options. Casual atmosphere with solid macros and anti-inflammatory-friendly choices throughout the menu.